

LIFESTYLES

Hawaii Marine B Section

September 6, 2001

K-Bay youth football visits UH

Lance Cpl.
Luis R. Agostini
Combat Correspondent

As the Hawaii heat scorched the practice field, the University of Hawaii Warriors smashed into tackling dummies and each other for two hours Saturday morning at UH, displaying college level talents for the members of a Hawaii Youth Sports League Pee Wee Division football team.

The coach of the yet-to-be-named youth football



Lance Cpl. Luis R. Agostini

Master Sgt. David McBride watches along with his team to learn what proper play execution is all about.

team, Master Sgt. David McBride, chief inspector, Base Environmental Department, wanted his players to witness proper football execution at its finest.

"I brought them here to bring the motivation level up and show them what excellence looks like," said McBride.

McBride coached the same division two seasons ago, and the results were nothing short of spectacular.

"We went 8-0 last time I was coach," said McBride. "We scored a total of 226

points against all of the other teams, and we allowed only 23 points combined over eight games."

Warriors' coach June Jones took time out of his training schedule to pose in a few pictures with the young players.

The league, which has between three and six teams on base, begins Sept. 29.

"I look at my team as sort of a plant. I'm going to keep watering it from now until Sept. 29, and it's going to get big," said McBride.

The youth football team will have eight practices before the season begins.

"I won't be happy until Nov. 14, which is the end of the season," said McBride, wanting to see another winning season.



Lance Cpl. Luis R. Agostini

Practice sessions were fast and furious, the Warriors held nothing back during their scrimmage sessions.

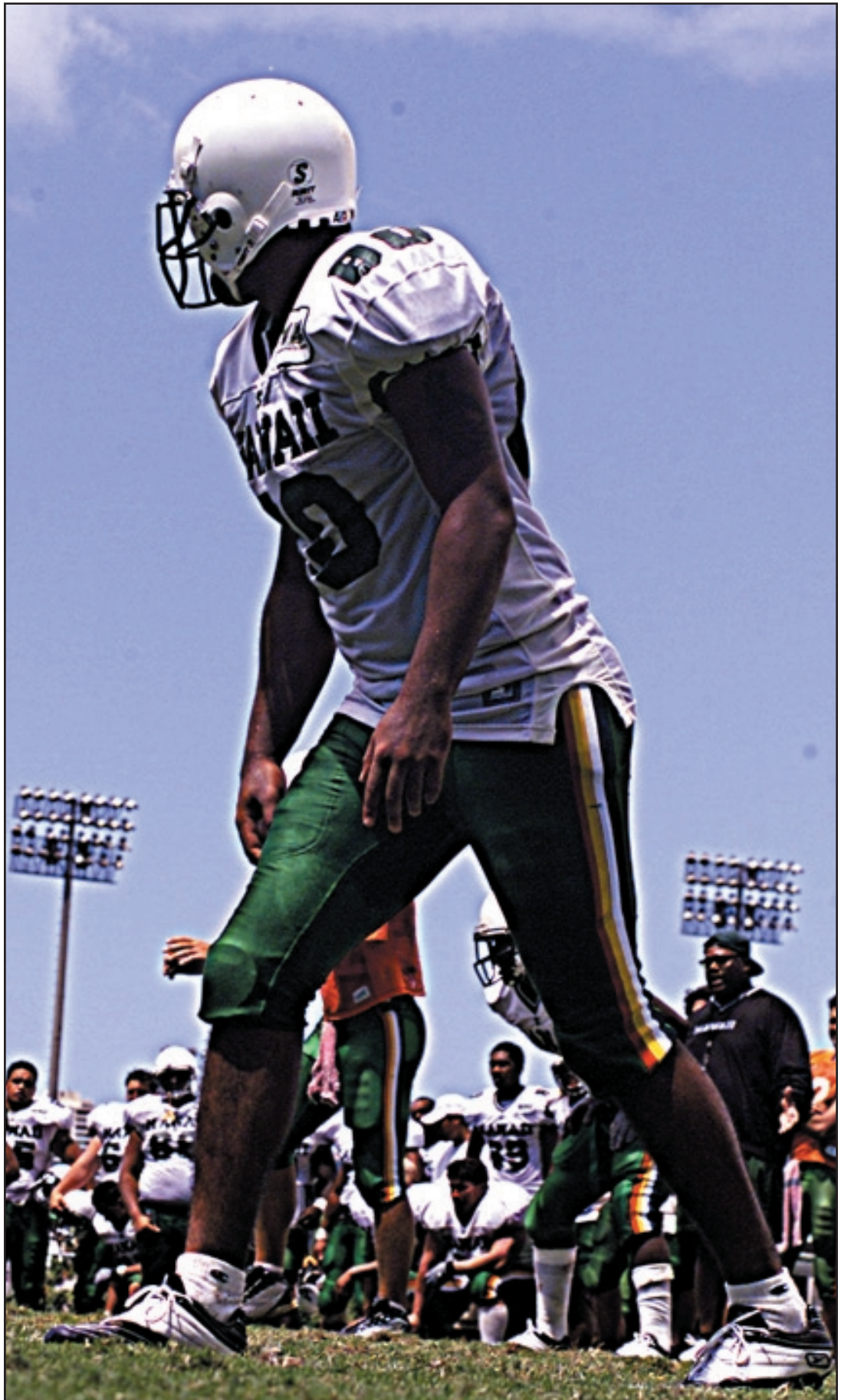
Right — June Jones, head coach for the UH Warriors, took time out of his busy schedule to talk to the K-Bay Youth Football team during their trip to UH to observe the practice and see perfect execution.



Sgt. Jesus A. Lora



Lance Cpl. Luis R. Agostini



Lance Cpl. Luis R. Agostini

University of Hawaii Warriors wide receiver, Mark Tate, prepares to take off toward the end zone. Along with his teammates, K-Bay's youth football team observed the practice as well.

MCCCS

MARINE CORPS COMMUNITY SERVICES

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POSSIBILITIES IN PARADISE

By Debbie Aisoff, MCCS Public Relations

No More Excuses

Stop wishing for a healthy, fit body and take action. The Semper Fitness Center is gearing up for their next “Get Started Beginner Fitness Program,” Sept. 18. For eight weeks, in a 12-person class, participants will train with a professional, certified athletic instructor in weight, cardiovascular training and proper gymnasium etiquette. Evening classes will take place on Tuesdays and Thursdays from 6 – 7:30 p.m. Day

classes are offered Wednesdays and Fridays from 10 – 11:30 a.m. A free orientation is scheduled this evening, at 6 p.m. at the Semper Fit Gymnasium. The Get Started Beginner Fitness class costs \$60 and is open to all authorized military I.D. cardholders, 18 years and older. For more information, contact Leslie Graham at 254-7597.

Put a Price on Romance

Now through Sept. 30, book a dinner cruise on the Star of Honolulu for just \$85.95 per person through the Information Ticket and Tours Office, located in Mokapu Mall, (regular price \$154.35). Indulge with the Star of Honolulu’s Five-Star Romantic Dinner Cruise that features their new seven-course French-style menu. For more information, call ITT at 254-7562.

Feel the Aloha

The MCCS Marketing Department invites all MCB Hawaii residents to get acquainted with each other, the community and, of course, with free pupus and gifts at the Fall Community Aloha Fair, scheduled for Sept. 19 in the Windward Enlisted Club’s ballroom, Bldg.

1629 from 5:30 – 7:30 p.m. Whether you have been on island for a week or a year, a lot has changed both within MCCS as well as within the community. The Fall Community Aloha Fair is your chance to sample products, enjoy free food, music and good company. Mahalo to the Fall Community Aloha Fair sponsors: Sprint PCS, Pampered Chef and GE-ICO Insurance. For more information, call 254-7653.

Spouse Aloha Orientation

All MCB Hawaii military spouses are invited to attend the next Spouse Aloha Orientation, Sept. 13 at the Fairways Club, Bldg. 3088 from 8:30 – 11:30 a.m. More than an orientation brief, this workshop is designed to address military spouse issues, concerns and interests. Guests will also have the opportunity to network with other spouses. Keynote speakers will present resources and services on behalf of the base and MCCS. Please call 257-7790 to make your reservation.

Mega Video

You’ll fall for Mega Video’s September releases. Upcoming block-

busters include Spy Kids, Along Came A Spider, A Knight’s Tale, Blow, Exit Wounds, Someone Like You, Driven, Crocodile Dundee in LA, Memento, Kingdom Come and The Tailor of Panama. Mega Video is located in Mokapu Mall and is open daily, 10 a.m. – 10 p.m. Friday; and Saturday, 10 a.m. – 11 p.m. For more Mega Video information, call 254-7560.

The Cut that Makes the Grade

You’ve purchased the backpacks, the pencils and paper. Now it’s time to create a new look for a new school year. Let the professionals at The Cut Haircare create a fresh look for your kids. Now through Sept. 30, The Cut Haircare offers a “Back to School” special featuring \$2 off a kid haircut, shampoo and style package. The Cut Haircare is located in Mokapu Mall. Appointments are recommended and walk-ins are welcome, 254-6585.

Teen Fitness Program

A healthy life makes for a long life. Introduce your teen into a proper fitness regiment with the Semper Fit Center’s Teen Fitness Program. This four-week program begins Sept. 19,

and is held from 4 – 5 p.m. on Wednesdays and Fridays at the Semper Fit Center, Bldg. 3037. Participants will benefit from the certified instructors’ weight and cardiovascular training guidance. Reservations are required and a maximum of 10 students will be accepted. For more information, call Leslie Graham at 254-7597.

Fall into Swim Lessons

Fall Swimming Lessons are offered at the K-Bay main pool Sept. 14. Participants will receive eight lessons for \$35. To discover which swim level is right for you, contact the Water Safety Division at 254-7655.

K-Bay Bowling Leagues

K-Bay Lanes is seeking participants for the upcoming Youth Bowling League and the K-Bay Women’s Bowling League. Participants 7 – 21 years of age may take part in the youth league. Registration information is available at K-Bay Lanes, Bldg. 1666 and is going on until Sunday. The youth league is Saturdays from 8:45 – 11:30 a.m. Sept. 14 – April 20.

The K-Bay Women’s Bowling League is open to all authorized military I.D. cardholders 18 years and older. Participants bowl Monday at 6 p.m. beginning Sept. 24. An organizational meeting is set for Sept. 17 at K-Bay Lanes at 6 p.m. All interested bowlers are encouraged to attend. For more information, call 254-7693.

Personal Services

Monday - Thursday: Marines and Sailors separating from the military must attend the Transitional Assistance Program, Bldg. 219 from 7:30 a.m. – 4 p.m. Call 257-7790. Monday: Reservations are due for the ASYMCA Polynesian Cultural Center Trip - \$7 adults, \$2. children. If you like to sew, volunteers are needed to make curtains for Mother / Son Luau. Call 254-4719. Sept. 17 - 20: New to the island? Let L.I.N.K.S. acquaint you with military life from 6 – 8:30 p.m. Bldg. 3074. Call 257-2368. Sept. 18: Joint Employment Management Systems Job Fair, at the Pearl Harbor Banyan Club 11 a.m. – 4 p.m. Many companies will be onsite to accept and review resumes. Research the companies attending at www.jemshawaii.com.

SM&SP=



(All events are open to single, active duty military.)

Mahalo

Many thanks are extended to the Windward Community Federal Credit Union for making the SM&SP activities, trips and sporting events possible.

Upcoming Events

- Tuesday: Take a Break to Educate, Lava Java Night, 6:30 – 8:30 p.m. at Bldg. 1629. Free coffee, pastries, education opportunities, tuition assistance & more will be available.
- Saturday and Sunday: Let your “inner-predator” come out to play. Saturdays 9 a.m. – 4 p.m. and Sundays noon – 5 p.m.
- Sept. 15: Star of Honolulu Dinner Cruise, \$30.
- Sept. 29-30: Fall Softball Classic Tournament.
- Oct. 13: Deep Sea Fishing Trip.
- Oct. 31: Cadence Creeper.
- Nov. 17: 3 on 3 Food Drive Tournament.
- Nov. 21: Holiday Bash.
- Dec. 14: Shank & Slice Golf Tournament.
- Dec. 30-Jan 1: Outer Island Trip.

Are you a Single Marine and Sailor Program member? If not, why not? Get with the program. The SM&SP is all about quality of life, recreation, health and wellness, community involvement, life skills and career profession. For more SM&SP information call at 254-7593.

Topic of discussion: Men’s health

Bobbie Ihnen

Consumer Affairs Coordinator

Marine Corps Base Hawaii’s Semper Fit and Naval Medical Clinics Pearl Harbor Health Promotion programs joined forces to present the Men’s Health Expo on Aug. 29 at Anderson Hall on MCB Hawaii, Kaneohe Bay. The first to be held on base, the fair was in recognition of Men’s Health Awareness Month during August.

Lining the sidewalk in front of the dining facility, 13 various exhibitors were available to share information with over 800 Marines and Sailors who passed by during their lunch hour. Exhibitors included the Substance Abuse Counseling Center, Semper Fit Center, Single Marine and Sailor Program and several Branch Medical Clinic booths. “Our objective was to get varied health information out to the Marines and Sailors in a casual environment,” stated Dan Dufrene, Semper Fit health promotion coordinator. “There are an abundance of resources available to them by means of hand-outs, self-care classes and health care providers right here on MCB Hawaii,” claimed Dufrene.

The interactive drunk and drugged driving demonstration invited attendees to “walk the line” while wearing fatal vision glasses that approximated intoxication. The consequences proved to be detrimental.

Other participants gambled with Preventive Medicine as they rolled dice for the chance of a lifetime to learn about sexual health and responsibility, without facing the reality of life-threatening consequences. Other displays included a food pyramid, fat tubes and fat/muscle models.



Bobbie Ihnen

Two Marines stop to look at one of the many exhibits at the Men’s Health Expo. A team of Marines and Sailors worked together to make the lunchtime expo a success.

The Naval Medical Clinics also provided blood pressure, body fat and total blood cholesterol tests. “Self-care classes given by the Branch Medical Clinics are designed to provide consumers with sources, knowledge and skills necessary to become an active participant in their medical care,” stated Barbara Day,

health promotion manager of Naval Medical Clinic Pearl Harbor. To enroll in self care classes, nutrition and weight management, healthy heart, tobacco cessation and asthma education classes, call Central Appointments at Branch Medical Clinic at Makalapa, 473-0247, or at Kaneohe Bay, 257-2131.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for “R” rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Please show your ID at the box office. Phone 254-7642 for recorded info.

Jurassic Park III (PG-13)
Laura Croft: Tomb Raider (PG-13)
America’s Sweethearts (PG-13)
Final Fantasy: Spirits Within (PG-13)
Cats & Dogs (PG)
Final Fantasy: Spirits Within (PG-13)
The Score (R)

Friday 7:15 p.m.
Friday 9:45 p.m.
Saturday 7:15 p.m.
Saturday 9:45 p.m.
Sunday 3:30 p.m.
Sunday 7:15 p.m.
Wednesday 7:15 p.m.

Hawaii MARINE SPORTS

Marine runs at own pace

**Lance Cpl.
Jason E. Miller**
Combat Correspondent

The crowd cheered as the first of the runners rounded the corner to the finish. No one was surprised to see who was in the lead. It was the hometown favorite, Lance Cpl. Rich Rogers, a Headquarters Bn. cook at MCB Hawaii, Kaneohe Bay.

He had managed to beat out a field of nearly 700 runners over a six-mile course in a time of 32 minutes, 26 seconds this year at the third annual USO Base Race Series 10k Run. Rogers is no stranger to winning after four years of competitive running.

The New Bedford, Mass., native began running competitively in his junior year of high school. He started out running

team relays and 800-meter races as a member of his high school track team.

During his senior year and first year of indoor track, he had his first breakout performance. He ran the 600-meters in the fastest time in the country for a high school student.

“I thought I was just an 800 runner,” said Rogers. “After that, I just kind of fell in love with the sport. It’s very addictive once you start winning.”

Rogers eventually moved on to Meridian, Mississippi Junior College where he raced with the school’s track team.

Competing at the college level did a lot for him, he said. He got to compete with athletes from around the world and gain a lot of experience.

Since joining the Marine Corps, Rogers has moved to running long distances



Lance Cpl. Jason E. Miller

Before Rogers steps off on any run, he stretches his muscles to avoid injury.

exclusively with the help of his running coach, Gunnery Sgt. Farley Simon, who currently holds the Marine Corps record for the three mile run.

“My coach has definitely brought me a long way since I’ve been training with him. When I was in high school, I could never have seen myself where I am now,” Rogers said. “It really takes a lot of discipline to get out of bed every morning to go out

and run, but winning gets me really motivated and I stick with it.”

Rogers’ training day begins at 5 a.m. every day with calisthenics and an eight-mile run. Three days every week, Rogers runs twice a day for a total of 16 miles. That’s more than 60 miles every week.

Eating right is also something that Rogers feels is essential to being a competitive runner. Starches are a very important element of his diet, he said. He also prefers not to eat big meals, but instead eats small portions throughout the day.

Rogers’ goals include breaking the current Marine Corps record for the three mile run and eventually making it to the Olympic Games to race the 5,000-meter. He thinks he has a good shot at winning the Armed

Services Championships this year for the 5k. run after placing eighth in the event last year.

“I really want to finish college as well,” he said. “Even when I’m done with running, I’d still like to be involved with the sport somehow. I think I’d like to be involved with sports medicine.

“Running is something that has helped me a lot. When I’m out there racing, it’s all business, but I love it. It keeps me committed.”



Lance Cpl. Jason E. Miller

Lance Cpl. Rich Rogers takes a few minutes to run a warm up mile on the Pop Warner Field Track before taking off on an eight mile run.

Tee it up “fore” tots Golf Tournament

Toys for Tots
Press Release

The Kaneohe Klipper Golf Course on Marine Corps Base Hawaii will host a Two-man/woman Scramble with a blind draw on Oct. 11, 2001, to benefit Toys for Tots. All proceeds will be used to purchase new toys for the children of Hawaii.

Prizes will be awarded on all par 3’s for closest-to-pin, with a long drive competition on the ninth hole for women, and 10th hole for men. Food and prizes will be provided at the award ceremony at the end of

the tournament.

Sign up early and don’t miss out on a chance to play one of the premier military golf courses in the world. All paid registrations must be completed by Sept. 26. Check-in begins at 10:30 a.m., Oct. 11, and the tournament begins at 12:30 p.m.

For more information, call Staff Sgt. Ruben Villarreal at 257-1077 ext. 233 or email at villarrealre@mfr.usmc.mil.



Entry fees:		
E-5 and Below		\$35
E-6 to O-3		\$45
O-4 and Above		\$50
DoD Employee		\$60
Civilian		\$75

Military retirees will be charged the price of their last rank.

TEE IT UP “FORE” TOTS ENTRY FORM

Name: _____
Last name, first name, M.I.

Rank:: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____

NAME: _____
Last name, first name, M.I.

Rank: _____

Address: _____
City, state, zip code

Phone: () _____

E-mail address: _____

CREDO Hawaii celebrates fifth anniversary

Navy Lt. Scott Carlson
CREDO Hawaii

Chaplains Religious Enrichment Development Operation Hawaii marked its fifth anniversary in colorful, creative retreat-style flair — with the artistic finesse of a local muralist depicting the themes and impressions of inner work that reflects the center’s mission.

This retreat center is located on the waterfront of MCB Hawaii, Kaneohe Bay, near the 4th Force Reconnaissance Co. headquarters building. Offering personal growth and marital enrichment weekends, participants are invited to nurture their physical, mental, spiritual, and emotional growth in a community of unconditional love and confidentiality.

Five years ago, on Sept. 9, 1996, the years of planning culminated in the dedication and ribbon cutting of the Navy’s only retreat center.

One of ten CREDO sites in the world, CREDO Hawaii is the only center where the facility is managed by and for military personnel.

The mural, created by Judith Carlson for the occasion, depicts the themes of inner and interpersonal growth.

“I took the CREDO logo, the rainbow, as a starting point and added some life to the image,” Carlson said.

Starting on the right side, dark clouds form above a raging surf, while off in the distance a lone island stands dark, forlorn and separate.

The eyes are directed from the turmoil to a school of fish, representing community. These arise in the very same surf, yet now together, swimming in concert. From here the energy is directed leftward.

Shell hunters tell of when the best specimens are found - at night.

Perhaps personal growth and discovery are found at the same place and at the same time, in the shadows, in the silence of the night and in the depths, where the light appears unable to reach.

The mural depicts these themes. New life emerges, even in the unexpected illumination of the darkness by such colorful life forms as

sea anenome, starfish and coral. The shades further brighten as the tip of a rainbow emerges from the depths to arc across the surface, bringing light to the distant island.

Once the home of the Navy’s dolphin program, the U.S. Naval Oceanic System Center, dolphins of friendship now surface on the same wall that once housed their former mission.

More than coincidence, CREDO is a place of friendship where participants are invited to share their deepest thoughts, values, dreams and feelings.

Each retreat normally begins on Thursday or Friday afternoon and ends on Sunday afternoon.

In the spirit of the CREDO mural, participants are invited to craft the themes of their lives and reflect on them in a safe, confidential environment of unconditional love.

If you would like to sign up for a Personal Growth or Marital Enrichment retreat or request more information, call 257-1941 ext. 225 during regular office hours.

Religious break through



Cpl. Roman Yurek

Parislioners from the Catholic and Protestant services aboard MCB Hawaii, Kaneohe Bay, gathered outside of Bldg. 1090 - currently the Marine Corps Exchange Wiki Wiki store - for the offical groundbreaking of their Chapel's Religious Education Center. There to dig the first mound of dirt was the MCB Hawaii Commanding General, Brig. Gen. R.E. Parker Jr., with assistance from (left to right) Cmdr. Jeff Rhodes, base chaplain; Capt. Joseph Estabrook, MCB Hawaii command chaplain; Lt. Dianne Eller, Headquarters Bn. chaplain; and Lt. Lofton Thornton, chaplain for Headquarters and Service Bn., Marine Forces Pacific. The center is scheduled to open in November.